

# THE RALLY POINT BUGLE

Veterans Haven North  
New Jersey Department of Military and Veteran Affairs

VOLUME 1, ISSUE 8

April-June 2016



## Superintendent's Column Sean P. Van Lew, Sr.



**"Do a little bit of good wherever you are; it's those little bits of good put together that overwhelm the world.**

**– Desmond Tutu**

As I sit here and the temperature begins to creep up, it is strange that summer is almost half over. It feels like we were just wishing away the last vestiges of winter, and here we are resupplying our stores to fight the next winter snow... So much has happened since our last edition of the Rally Point Bugle. We had an outstanding trip with our Veterans to our nation's capital on May 24, 2016. It still amazes me how many of our guys and girls have never been there. A great time was had by all!



We had our first annual Veteran's Haven North vs. Veterans Haven South softball game dubbed "The Battle of the Titans" on June 22, 2016. The game was followed by a great time of fellowship, barbeque and music. Special shout out to the kitchen Staff of Veterans Haven North: Al, Anna, Starr, Zach, Cathy, Jenilee and Mike. They prepared a BBQ for kings and queens and handled everything from top to bottom. Great job team!! I seem to have lost my photo of the winning team, but Veterans Haven South squeaked out a narrow 32-16 victory when the final out was recorded, and carried home the victor's cup.

Our annual trip to the Statue of Liberty on July 13, 2016 was a great success supported by great

weather and comradery.

We are looking forward to a great trip with our Veterans on August 17, 2016 to the Battleship NJ and Camden Aquarium, As always, you can see pictures of these and all of our events on our website shortly after the events, (except for the softball game, we don't speak of the softball game around these parts...)



Our Veterans are working hard. In the last 3 months we have discharged 9 veterans to their own homes, as well as a myriad of other Veterans to the appropriate next level of care. Our most recently tabulated success rate stands at 85.1 %. The proof is in the pudding that the system works when the Veterans are committed to their own success. We have a great group of guys and gals that are really pulling out all the stops to be successful. We could not be any more proud of them, and we know you all share in our pride. You have repeatedly heard me thank the great group of staff that I have, and I still feel that way...=) I have been remiss however, in not thanking the behind the scenes people located at Headquarters in Lawrenceville to whom we owe a great deal of our success. Were it not for the dedication of the folks in IASD, Fiscal, HRD, ID, DVS, and the Front Office, we couldn't achieve the success we have. So from us to so many of you, THANK YOU!

Lastly, A big shout out to Past Commander Michael Babli of the NJ American Legion and the entire State Department for the generous gift of a beautiful 15 passenger vehicle that we use daily to transport our guys and girls to their appointments. Veteran's taking care of Veterans. It's what it is now, and what it has always been about. See you in the fall!



*Ne Desit Virtus*



From the Desk of Corinne Balaskas  
-Assistant Superintendent-

## Introducing the VHN Treatment Team



Mrs. Terese Acocella, MS, NCC has been elevated to the position of Acting Treatment Team Coordinator. Terese began working at VHN in 2012 as an intern, pursuing her Master of Science degree from Monmouth University. While completing her internship and studies, she was also a member of the New Jersey National Guard and worked full time as a contractor for the NJ Army National Guard as the Survivor Outreach Services (SOS) Coordinator. In her role as SOS Coordinator, she was dedicated to providing support and services to Families of the Fallen and other deceased Service Members. Terese has been a member of the New Jersey Army National Guard as a Medical Service Corps officer for 30 years and has earned the rank of Colonel. She is an Iraqi war veteran. Fortunately for VHN, Terese joined our staff as a Case Manager upon completion of her degree program. The value of her boundless devotion to our veterans is beyond measure and cannot easily be put into words. Terese works Monday – Friday and stays until 7:30pm on Mondays.

In December 2015 we had the fortune of hiring Mr. David Thompson, LSW as a Case Manager. David completed his Master's Degree in Social Work from Kean University. David brought with him experience from working in residential treatment, group home, hospital, and community-based programs. David works Sunday – Thursday and stays until 7:30pm on Wednesdays.



In January 2016 we had the fortune of bringing Ms. Lisa Noe, MSW on board as a Case Manager. Lisa completed her Master's Degree in Social Work from Rutgers University. Through Rutgers, Lisa completed a yearlong internship with us, starting in 2014. We were very pleased when she came back to join us as an employee! Lisa works Monday – Friday and stays until 7:30pm on Thursdays.

In February 2016 we welcomed Ms. Desirae Lizzi as an intern. Prior to commencing her internship, she was a volunteer at VHN. Desirae is in the process of completing her Master's Degree in Social Work at Simmons College School of Social Work out of Boston, Massachusetts. She has been and will be with us thru August, two days a week.



In March 2016 Ms. Kathleen Sempkowski, RN joined the team in a temporary, contract capacity. Kathleen comes to us with over 10 years of healthcare experience as both a Registered Nurse and Certified Medical Assistant working in the fields of family practice, pediatrics, and gastroenterology. She works Monday – Friday, 6am - 2:30pm.

In April 2016 we had the fortune of hiring Mrs. Jennifer Ege, MA as a Case Manager. Jennifer completed her Master of Arts degree at The College of New Jersey. Jennifer came to us from the Hunterdon County Division of Social Services, so brought with her knowledge about entitlement benefits and programs as well as community based services. Jennifer works Tuesday – Saturday and stays until 7:30pm on Tuesdays.



In May 2016 we welcomed Mrs. Lauren Corbishley as an intern. Lauren is pursuing her Master's Degree in Social Work at Arizona State University. She is currently employed with NJ AIDS Services performing assessment and referral for clients in need of housing and support services. She will be with us two days a week thru December.

In July 2016 we welcomed Ms. Sabrina Baarda as an intern. Sabrina is pursuing her Master's Degree in Social Work at Marywood University. Sabrina is currently employed assisting veterans as a Program Development Specialist with Hunterdon County Division of Social Services. She will be with us two days a week thru December.



Please feel free to introduce yourself to these individuals as you see them. They are all here to assist you as you plan for your future.

- Corinne Balaskas  
Assistant Superintendent



## OUR GENEROUS DONORS

The residents and staff acknowledge and appreciate the kindness and generosity of the many donors and donations made to Veterans Haven North for the second quarter of 2016.

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Glen Gardner, NJ  
Washington, NJ  
Flemington, NJ







# Battle of the Titans

By Robin P

## 1<sup>st</sup> Annual Softball Game



On June 22 , VHN North met VHN South for a softball game and barbeque. It was the first annual softball championship between the two veteran facilities. The championship prize was a trophy. Too bad VHN had to give it away, and this is why.



It was a seven inning game featuring the residents of the two facilities. VHS came to bat first. At the top of the fifth, the score was 15-11 VHN leading. Then it all went down hill. VHS began to close the score. In the sixth inning, score was 16-15 VHS leading. From the top of the sixth to the bottom of the seventh inning, VHS dominated the game. The VHN Superintendent was the last batter up. Alas, he was unable to bring in all the runs needed to win the game.

Presenting the gorgeous trophy to the VHS Superintendent was Al Bucchi, the Director of Veterans Services, DMAVA.



The VHN team is anxious for a rematch next summer when the trophy **will return** to The Rally Point.

Following the game the VHN and VHS residents and staff were treated to a great barbeque provided by VHN. We had wonderful chicken, dogs, salad, slaw, cold drinks, cookies and great music.

Thank you to the Superintendents of VHN North and VHN South for a great day!



It was a win  
for  
everyone!!!





# ACTIVITY AT VETERANS HAVEN NORTH

## VETERANS HAVEN NORTH/SOUTH ANNUAL TRIP TO WASHINGTON D.C. TO HONOR VETERANS

By Robin P



At 0500 hrs. VHN residents and staff left by bus for a day trip to our Nation’s Capital on May 24<sup>th</sup>. This was a great opportunity for the veteran-residents to travel, see U.S. History and pay honor and homage to the greatest sacrifice of our Nation’s fallen heroes.

As always, we stopped at the Maryland House along the way to have the veterans from VHS join us.

Arrival began with Arlington National Cemetery, where veteran-residents had the opportunity to witness the Tomb of the Unknowns and the highly respected “Changing of the Guard.” Also, some had the time to explore the cemetery’s historical gravesites of our more noted service members laid to rest.

Our second stop brought us to the National Mall where everyone had choices of where to experience their moment in history through the various sites: The Lincoln Memorial, Washington Monument and WWII Memorial.

The final stop on our journey was The National Air and Space Museum, which houses such famous icons of flight as the original Wright Flyer, *The Spirit of St. Louis*, Space Ship One, and the Apollo 11 command module.

We ate a delicious meal at the Old Country Buffet. Residents of both Havens enjoyed a variety of eats; prime rib, chicken, Mac and Cheese, mashed potatoes with corn bread, were the favorites.

Thanks to all of our Veterans Haven residents, North and South, for their service and for showing their support on Memorial Day. We are all heroes and we show our honor to the fallen by rising up, picking up our flag and moving our lives forward with dignity.







# ACTIVITY AT VETERANS HAVEN NORTH

## THE ROLLING THUNDER CHAPTER 3, NJ

By Jackie H

“WELL, WELL, WELL!,” was the welcoming committee of one, a phrase well known by our community as a “Bobism” heard as the annual barbecue/karaoke hosted by the Rolling Thunder, chapter 3, NJ commenced Sunday, April 24, 2016.

It’s been a long, cold winter and a barbeque was welcomed by all. The day was a reminder that spring had sprung with a blazing hot sun against the cloudless blue sky. The courtyard tables were slowly filling up with hungry residents, ready to be satisfied.

The Rolling Thunder crews were hard at work perched over grills sizzling with barbequed foods, filling plates with potato salad, macaroni salad, baked beans, whatever the mind could imagine at a BBQ along with a delectable dessert finale!!!

Now, with bellies full, and a sigh of contentment, we were ready for the day’s entertainment by whoever was brave enough to karaoke. Unknowingly, we house quite a few SUPERSTARS! After gazing through the books of songs, many had reached their carefully selected song. Once again the benevolent Rolling Thunder members would be ready to man the karaoke machine.

The air was filled with a mixture of singing, dancing and laughter as people roamed about enjoying the music, friends, and or course, the still lingering smell of a great BBQ. The old saying, “time flies when you are having fun,” was certainly evident s this day was winding down.

As Rolling Thunder concluded this pleasurable event, parting gifts were passed out among the veterans. We cannot thank Rolling Thunder for this memorable day and their extraordinary dedication to our residents. We look forward to seeing them again soon.



## WARREN COUNTY STUDENT COOKS BRING JOY AND DELICIOUS GOODIES TO VHN

By Jackie H



Warren County Technical School of Hospitality and Culinary Arts honored the residents of VHN with lunch on Thursday, May 26<sup>th</sup>. These ambitious young men and women are in their senior year of high school, anticipating graduation.

These students, after completing a four-years, traditional high school curriculum centered on hotel management, food preparation and other hospitality oriented subjects will be ready to pursue college or attain a position in the Hospitality and Culinary Arts line of business.

Assembled on the smartly covered tables, was an assortment of lunch sandwiches. There was Chicken Caprise delicately topped with a Pesto Sauce. Accompanying the main dish was a favorable Raspberry Walnut Salad, and my favorite, the most incredible potato salad I’ve ever had in my entire life (Secret Ingredient. “dash of white vinegar”).



In conclusion, a carrot cake that left me speechless, homemade cheesecake and a curious round ball on a stick known as a “cake pop.” Everyone dining that afternoon went home with a sense of gratification and pleasure, along with an extremely full belly!!!

Our heartfelt thanks to the students of Warren County Tech. and to their instructors Pat and Kim, to which, without their devotion to these students, we would not have had such a pleasurable experience.





# ACTIVITY AT VETERANS HAVEN NORTH



By Jackie H

Wanna go Fishing? Sure, that sounds easy! NOT, as Lou the “Scoop” and I

were about to learn, fishing is not only an art, but a bond between man and nature.

Eight O’clock the morning of Saturday, May 21<sup>st</sup> Harold rolled up to the front of Vet Haven to transport Scoop and me to the Pequest Fish Hatchery located in Oxford, NJ. Harold, being a limitless wealth and knowledge educates us with history and interesting facts while we skip town to town toward our final destination. We Thank You Harold!

Upon arrival, we were welcomed by the members of **PROJECT HEALING WATERS**, NJ Chapter. Bobbie, Joe, Frank, Sue, and Glen are about to challenge their patience by attempting to school two greenhorn vets who had never fished before.

Scoop and I listened intently to the instructions that were being dispensed. It was plain to see, these fly fishers had a profound appreciation and dedication for the sport. They explained fly fishing as a spiritual awakening as if it were a religion/philosophy. It was amazing to feel the emotion and passion they displayed while describing a simple strike indicator, in layman terms, a bobber.

As the instructional portion of the course came to a close, it was time to apply the knowledge to the real deal. Casting was the first grueling task the instructors had to endure. I think I can say, Scoop and I aren’t the smartest fish in the pond! Eventually, we managed to get the hang of it.

Scoop was the first to feel that “adrenaline high” as he reeled in his first rainbow trout. The excitement of both Scoop and his persistent instructor Sue, was felt by all. It wasn’t long after, we were both fishing and feeling like pros.

After lunch, it was time to round up the equipment and have a farewell gathering. This was quite a sendoff as Scoop and I witnessed the bond of brotherhood displayed by our coaches. The **PROJECT HEALING WATERS**, NJ Chapter was founded nine years ago by Bob Olson. To this day the members of this elite fishing group have volunteered countless hours to us veterans.

With that, I think I speak collectively for us here at Veteran’s Haven North when I say KUDOS to you all!!!



**Memorial Day** is a federal holiday in the United States for remembering the people who died while serving in the country's armed forces. The holiday, which is observed every year on the last Monday of May, originated as Decoration Day after the American Civil War in 1868, when the Grand Army of the Republic, an organization of Union veterans founded in Decatur, Illinois, established it as a time for the nation to decorate the graves of the Union war dead with flowers. By the 20th century, competing Union and Confederate holiday traditions, celebrated on different days, had merged, and Memorial Day eventually extended to honor all Americans who died while in the military service. It marks the start of the unofficial summer vacation season, while Labor Day



marks its end. Memorial Day is a federal holiday in the United States for remembering the people who died while serving in the country's armed forces. The holiday, which is observed every year on the last Monday of May, originated as

Decoration Day after then. Wikipedia - · Text under CC-BY-SA license

## IS IT APPROPRIATE TO SAY “HAPPY MEMORIAL DAY?”

### FAMOUS QUOTE TO THINK ABOUT Memorial Day!

“In the End, we will remember not the words of the enemy, but the silence of our friends.”

-Martin Luther King, Jr.

“The Willingness of America’s veterans to sacrifice for our country have earned them our lasting gratitude.”

-Jeff Miller





# ACTIVITY AT VETERANS HAVEN NORTH



## THE 90 FOR 90 JOURNEY

By Barry L.

On March 28, 2016 a group of Veterans gathered in the Vet Haven Canteen for the beginning of an eight week journey that would result in the making of a music CD through The Voices of Valor Program under Music for All Seasons. This group met weekly under the tutelage of facilitators Benny Harrison and Melissa Guttman. The idea was to create a song that expressed the journey of recovery from addiction. Most of the Veterans that came are in recovery from a variety of addictions. The others were in some ways recovering from homelessness and other issues. Benny and Melissa explained that the process would be ours and the results would be something to be proud of. The sessions were filled with enthusiastic and sometimes very intense moments. It proved to be challenging to all of us. VHN Staff, Laura Blaine was also there; she is the coordinator and facilitator in bringing Voices of Valor to VHN. She was the one knocking on Veterans doors on Wednesday evenings to ensure we made it on time.

Not all of the veterans who started the program made it to the end. I would like to wish them the best in their new permanent homes or new programs that they have started. Our target date with the



[Continues to page 9]





Voices of Valor group was May 20<sup>th</sup>. This was the date that our group had to have our lyrics and song completed to record in the recording studio. There were challenges but, we were all able to work together through compromises and long conversations to make our voices heard through this song. We were able to remain on target and left that day. The VHN van pulled out of the parking lot with 10 veterans: Thomas B., Louie C., Lenny C., Chris F., Gregory J., Barry J. L. (This writer), Willie M., James H. R., Antonio W., and Joseph W. Driving was our fearless leader, VHN Staff Laura B. Our destination: Kaleidoscope Records in Union City. All of the veterans seemed very excited, including this writer as only a few of us had been in a real recording studio.

The process was very technical, but we were there to sing; each of us having a line or two, and Anthony “OOILZ” having the rap. We put together the chorus under the direction of Melissa and Benny, and then each of us went to a soundproof room to sing our lines. I personally was nervous but to me everyone else looked ready to go.

After some technical adjustments our song was ready for production. We were done. The Journey was complete. And what a journey it was!!

Our hit single is called “Ninety and Ninety” by *The Vets* which was first heard on May 25<sup>th</sup> during Veteran’s Haven North’s CD Release Party. If you haven’t heard the song, come see one of the performers or Laura Blaine. I’m sure they would be glad to let you give it a listen!!

Thank you to All who were involved with the  
Voices of Valor Program!! Peace!







# ACTIVITY AT VETERANS HAVEN NORTH

## EVENTS PHOTO PAGE



**The Military Order of the Cootie- Jockey Hollow-  
Cookout at VHN!  
Saturday, April 16, 2016**



**VFW Auxillary Post 5119  
Karaoke at VHN!  
April 30, 2016**







# ACTIVITY AT VETERANS HAVEN NORTH

## EVENTS PHOTO PAGE

**SONS OF AMERICAN LEGION  
DETACHMENT OF NJ  
Cookout & Karaoke at VHN!  
May 22, 2016**



### Thought of the Day

There are times in our lives when we believe that we don't need anybody's help, and then here comes humility to let us know that we all need someone!

- Darryl A.







# The Rally Point

## VHN MAINTENANCE



### Maintenance Department

By Cheryl B.

Our maintenance department at VHN, operates from lawn to roof and does an incredible job keeping our facility functioning properly. The Department is comprised of just two people; the Maintenance Supervisor,

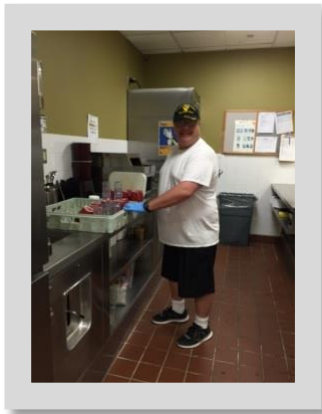


Elisiario R a.k.a Al, and Repairer, Mark L. Their duties include, but are not limited to, maintaining the facilities heating and ventilation system; plumbing for the kitchen as well as eighty plus bathrooms; and grounds keeping for our large campus.

Al and Mark work as a team, to keep our staff and residents safe and comfortable, which is always their top priority. Al makes himself available for staffs concerns, day or night. He is always eager to problem solve and offer support to staff and residents alike. Whenever a new maintenance issue arises, he utilizes it as a teaching moment – sharing his wealth of knowledge about the building’s systems with interested staff members. Mark is a master of efficiency and strives to complete as many tasks as he can within his work day.



Please join me in giving a golden “shout out” to Al and Mark who take great pride in maintaining “*The Rally Point*”.  
In the words of resident, Agha G., “**You’re the Best.**”



### HOUSE KEEPING – WHO DOES THE CHORES?

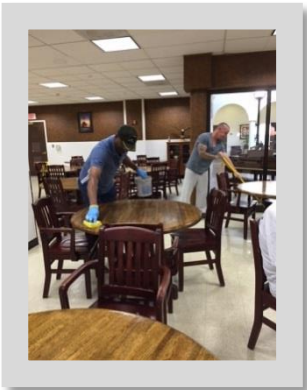
By Eduardo, Robin, Jackie and Robbie

**CHORES** are the supporting system of maintenance at VHN. This is our home and we must treat it as such. Chores are assigned to and are performed by the residents as designated by staff.

There are five day chores and seven day chores. Seven day chores involve the kitchen, dining room and garbage throughout the facility. All other chores are five day chores. CHORES are rotated weekly. Residents will find their new chore assignment in their mailboxes by Sunday evening. Adjustments are made for residents who have certain restrictions. However, each resident is required to participate in this support system as a condition of their stay here. Failure to perform assigned CHORES is considered to be an infraction that may warrant serious consequences.

Residents wash dishes, clean the kitchen, dining area, hallways, bathrooms and all public areas except the staff bathroom. They also do grounds keeping – picking up the trash, mow the lawns and shovel snow in the winter. In addition, residents must clean their personal living space. Living areas are randomly inspected in order to assure that resident rooms are maintained according to facility standards. Just like home!!!!

There are certain areas of the facility that are maintained by the staff: the main office, the nurse’s office, the medical file room and other areas that are for the exclusive use by staff.







# PUTTING HUMPTY DUMPTY TOGETHER AGAIN

By Robin P

Of course we all know the famous Nursery Rhyme. Humpty-Dumpty was a very large egg that sat on a very precarious wall. Well you know what happens next....Yup, you guessed it, and he had an incredibly great fall and smashed into thousands of pieces. Now the story ends with the King’s horses and men arriving at the scene and determining that they had no ability to put him back together again. However, this is a children’s story. Fortunately this is not how the story ends at Veterans Haven North.

Veteran’s Haven North is an opportunity for veterans who may have arrived in crisis (pieces), to begin concentrating on putting the pieces together again over a 90-day period (SHIELD Program). Here, residents have access to support programs in substance abuse, financial management, mind/body health, social services and career development as well as other programs provided by the Veterans Administration and volunteer groups. At the end of the SHIELD Program, a resident can apply to participate in the Transition Program for an extended stay up to two years, to continue toward a successful outcome.

All of these things together can help to put our fractured life on a path to the right connections. Before we got here, we had good, sound connections; but somewhere along the line, we developed different connections, and like *Humpty Dumpty*, we fell, off the wall, and our lives shattered. What we need to do is to reconnect with what we had before we fell off the wall. A disconnect is when things in your life became slightly askew. If you take a water

pipe and the joint becomes slightly out of line, the water will still flow but, the pressure from the flow will eventually cause a complete separation. These disconnects often lead to bad habits or bad decisions. Then things really get out of control. To fix it will take time and effort. It becomes very costly financially, emotionally, spiritually, and time-wise - to put it together again. But it can be done.

Humans are creatures of habit; good habits and bad habits. If we have bad habits, we must replace them with good habits. We must replace bad connections with good connections. Bad habits lead to disconnections and to islands. Humans are not designed to live in isolation. When we indulge in a bad habit, we create an island for ourselves. We become separated from our families, our jobs, and our social life. Somehow, in order to put Humpty together again, we must reconnect with good practices; with reconnections to our support teams which become our King’s horses and men – teaming with the VA to put us together again.

The programs that are offered at Veterans Haven North and other VA facilities will help us to make good decisions, get our finances and emotions in control and help us to reconnect with our support teams or King’s horses and men. But as the saying goes, “*you must be in it to win it.*” Participate in the many opportunities that are available to you at VHN. Don’t just sit around in shattered pieces at the bottom of the wall.





HAPPY MOTHER’S DAY AND HAPPY FATHER’S DAY  
TO VHN VETERANS AND STAFF







SUMMER IS HERE AND SO IS THE DANGER OF  
TOO MUCH SUN OR HEAT

Heatstroke symptoms include:

- **High body temperature.** A body temperature of 104 F (40 C) or higher is the main sign of heatstroke.
- **Altered mental state or behavior.** Confusion, agitation, slurred speech, irritability, delirium, seizures and coma can all result from heatstroke.
- **Alteration in sweating.** In heatstroke brought on by hot weather, your skin will feel hot and dry to the touch. However, in heatstroke brought on by strenuous exercise, your skin may feel moist.
- **Nausea and vomiting.** You may feel sick to your stomach or vomit.
- **Flushed skin.** Your skin may turn red as your body temperature increases.
- **Rapid breathing.** Your breathing may become rapid and shallow.
- **Racing heart rate.** Your pulse may significantly increase because heat stress places a tremendous burden on your heart to help cool your body.

By Mayo Clinic Staff

THINGS TO REMEMBER DURING THE SUMMER MONTHS	
	AVOID EXCESSIVE SUN EXPOSURE. WEAR SUNSCREEN AND WEAR SUN GLASSES TO PROTECT YOUR EYES.
	DRINK LOTS OF WATER TO REPLACE WATER LOSS THROUGH PRESPARATION.
	TAKE ADVANTAGE OF SHADEY SPOTS WHEN AVAILABLE.
	DON'T IGNORE THE WARNING SIGNS OF HEAT EXHAUSTION OR HEAT STROKE





## MANAGE YOUR STRESS/ DON'T MAKE IT WORSE

By Eduardo G

We all live busy lives, with work, school, and everything that is going on, it is important to take all the opportunities that come your way. In the event that you happen to have some time to yourself to relax, you should take advantage of it. It is important not to overwhelm yourself, over work yourself, or over stress yourself because it can take a toll on you in the long run.

Working long hours or over stressing can wear you down both physically and mentally. At times you may take all the work troubles and stress with you when you return to the hill. You may find yourself getting frustrated easily or getting upset when things get out of hand. Your mind may start to wander where it may go into dark places. Depression can set in and affect not only yourself but also those around you. People will see a change in your behavior if this occurs. You may start to withdraw or you may be quick to anger.

If this ever happens you should always find effective ways to reduce stress such as:

- going for a walk
- watching your favorite TV program
- reading a book
- Playing a video game.

- Take a nap
- Talk to someone

When your personal space is in order, it helps you to keep your thinking in order. When you are well rested, it helps you to go about your tasks without getting easily tired. When your body is in good shape, your mind handles stress differently.

Stress can be a good thing if you are able to control it mentally. It acts as fuel for your body. Stress triggers the “fight or flight” response in human beings. It helps you to make good or bad decisions. If you are well rested, relaxed and thinking clearly, the stress will help you make a good decision. But, if you are tired, worried and depressed, the stress can lead you down a different path.

Don't ignore your body's natural sign to make a change in your daily routine. Help keep your mind clear and focused so that the choices that you make will be the ones that will help you along the path to recovery.



## “NOW COOK THIS” IS HERE AT LAST

The cookbook that Eduardo has worked so hard on has finally gone to print. You may find a copy in the library.

**DO NOT REMOVE FROM THE LIBRARY**



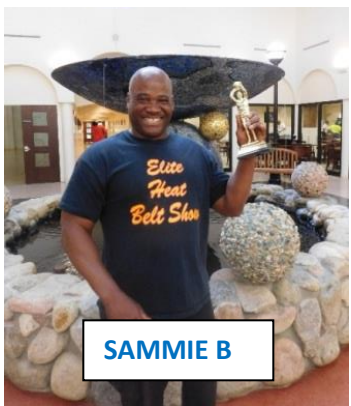


SPORTS AT VETERANS HAVEN NORTH

Sports Editor: Bruce R



BASKETBALL CHAMPIONS



...And the winner was Daryl A. and the runner up was Sammie B. Sean, our Superintendent is seen here presenting the trophies. This was a single elimination tournament. The player who made the most baskets out of 5 shots, taken at three different positions, for a total of 15 shots advanced in each round. Bravo Zulu to Daryl and Sammie. Congratulations!

CHESS CHAMPIONS

1<sup>st</sup> Place-Alvin



2<sup>nd</sup> Place-Bob



Hold the presses! We have just completed our 1<sup>st</sup> Annual Chess Tournament. Our champion was Alvin M. and our runner up was Bob T. This was the first time a Chess Tournament has ever been held at VHN and we were very happy to have so many people sign up. Let's hope we can have an even larger turn out next year. Congratulations to Alvin and Bob. Great job!



COMING UP NEXT  
Sign-up for the PING PONG Tournament on the  
Game Board!!!!





PLEASE CHECK THE BULLETIN BOARD FOR UPDATED ACTIVITIES

CALENDAR OF EVENTS

DATE	TIME	EVENT
Every Wednesday	1900-2000 hrs.	Kula for Karma
Every Wednesday	1000-1100 hrs.	Rally Point Bugle Staff Meeting
Every Tuesday	1800-1930 hrs.	Computer Skills Class- Signup required
7/20/16	1830 hrs.	VA Lyons Smoking Sensation Class @ VHN
7/24/16	1300 hrs.	Military Outreach Ministries Cook Out @ VHN
7/26/16	1000 hrs.	Gem Vac Vets
8/14/16	1300 hrs.	American Legion Auxiliary Legion Cookout @ VHN
8/17/16	0700 hrs.	VHN Battleship of NJ Field Trip & Camden Aquarium
8/21/16	1130 hrs.	Knights of Columbus 4 <sup>th</sup> Degree- Cook Out @ VHN
8/30/16	1000 hrs.	Gem Vac Vets
9/21/16	TBA	Annual VHN Gettysburg Pa Trip
10/20/16	1330 hrs.	Veterans Council of Monroe Social at VHN

Upcoming Trips!

Veteran’s Haven North will be sponsoring several trips throughout the year. Here are the tentative dates for these trips. Signup sheets and agendas for each trip will be posted at the front office as the date grows near. If you are in S.H.I.E.L.D., it is your responsibility to schedule off from your groups to attend.

- August 17, 2016- Battleship of NJ & Camden Aquarium
- September 21, 2016- Gettysburg, PA







# WRITING FOR “THE RALLY POINT BUGLE”

Our residents are encouraged to enroll in VHN computer classes and become writers for the *Rally Point Bugle*. It is an excellent opportunity to become involved in facility activities, to commit to attend special events and to improve computer and writing skills. Computer classes are conducted in the North 2 computer lab. Stop by the lab or the administrative office to sign up for a class. However, you may write for the Bugle without taking the class.

## Meet the “*The Rally Point Bugle* Staff”

Sports Editor

Special Interest Editor

Events Editor



Event Writer

Event Writer

Event Writer



## Veterans Haven North “The Rally Point”

New Jersey Department of Military and Veterans Affairs  
Glen Gardner, New Jersey

*The Rally Point Bugle* is published quarterly and distributed electronically by the staff and residents of Veterans Haven North. Contributing residents include., Bruce R., Eduardo G., Barry L., Jackie H., and Robin P,  
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